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A LONG TELEVISION ERA COMES TO A CLOSE

JON CRYER TALKS ABOUT THE END OF "TWO AND A HALF MEN." PAGE 14

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Thursday, February 19, 2015 **www.metro.us | t: MetroNewYork | f: MetroNewYork**

Undocumented and unwanted

Deadlock. New York's one million undocumented immigrants are stymied by a federal judge's decision to block President Obama's immigration reforms. PAGE 02

Undocumented Mexican citizens at an immigration clinic in their country's Manhattan consulate Wednesday. / CARLOS LLAMAS, METRO

Pussy Riot releases Eric Garner tribute

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Michael Kors rules the runway at NYFW

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Correction

A Feb. 18 article printed in Metro New York misidentified Michael Sussman. He is a former attorney for the NAACP. Metro regrets the error.

Undocumented and in political limbo

Immigration. Advocates say the temporary halt gives people more time to prepare documents.

Mexican citizens at their country's consulate in Manhattan. / CARLOS LLAMAS, METRO

A Texas judge's decision on Tuesday blocking President Obama's executive order on immigration has come as devastating news to the estimated 1 million undocumented New Yorkers.

Wednesday would have been the first day for some 270,000 people brought to the U.S. illegally as children to apply for work permits and legal protection under an extension of the Deferred Action for Childhood Arrivals (DACA) program. Another program, aimed at helping parents of lawful residents stay in the country, wasn't set to begin until May.

The president's plan was aimed at keeping 4.7 million undocumented people from being deported.

U.S. District Judge Andrew Hanen issued the temporary injunction against the immigration order, responding to a suit filed by 26 states. The White House said Tuesday it will appeal, but will abide by the judge's order and not accept applications for immigration protection.

"I'm so depressed because I have to call my clients [and tell them to wait]," said Irina Matiychenko, director for the New York Legal Assistance Group's Immigrant Protection Unit.

One client has been in the U.S. for 10 years, while two daughters were born and her husband died. "I have to call her and tell her please, wait another month, another two months, but she has been waiting for 10 years," Matiychenko said.

The legal aid group had a clinic scheduled Wednesday at the Mexican Consulate to help clients fill out forms related to the president's programs. Instead, they provided information on the injunction.

While Matiychenko said the delays could last months, she won't give up helping immigrants, most of whom she says won't be a priority for deportation while the lawsuit works its way through court.

"It doesn't mean we stop our work," Matiychenko said. "Now is especially important to see as many people as we can."

Mayor Bill de Blasio said in a statement that New York will continue to prepare for the president's order to be implemented.

Reuters contributed to this report.

One man's story

Alfredo

Age: 23
From: Mexico
Time living the United States: 7 years

"I think this ruling is blocking opportunities to the progress of immigrants who can help improve the economy, but aren't allowed to."

WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

Transit

6 train repairs delayed

Bronx commuters riding the 6 train should not expect to see renovations at Buhre Avenue and Zerega Avenue unveiled anytime soon.

The MTA says the two stations will remain closed until "spring 2015." The stations were originally closed on July 5, 2014, and scheduled to reopen this month as part of a $109 million renewal project. The Castle Hill Avenue, Middleton Road and Pelham Bay Park stations were also part of this renewal project, but have remained open to accommodate commuters.

MTA spokeswoman Amanda Kwam says don't blame winter.

"We found out that the steel structure of the mezzanines had corroded more than expected," Kwam said. "We decided to completely replace them."

The renovations have involved repairs to the mezzanine, platform stairs, track beds and warning strips in addition to new paint jobs.

WILL SPEROS

Delays are coming. FILE PHOTO

Cold. Dangerously low temperatures expected today

Americans and tourists enjoy the snow in Central Park. / GETTY IMAGES

Another blast of cold air from Canada is set to move through New York City today.

Temperatures will start out in the 20s and continue to fall into the teens throughout the day, said David Stark, meteorologist with the National Weather Service. High winds up to 40 mph will make it feel more like 0 to minus-5 degrees. The city's Office of Emergency Management has issued a cold alert, and Commissioner Joseph Esposito advised New Yorkers to stay in tonight and avoid the dangerously cold temperatures.

Friday morning could set records, with a low of 3 degrees expected in Central Park. The previous record for Feb. 20 was 7 degrees in 1950.

"We have a pretty good shot at breaking a record," Stark said.

Highs will only reach the teens on Friday, and temperatures will drop into the single digits Friday night into Saturday.

Saturday will warm up to the 30s, and a system moving through on Sunday will bring light snow, then rain and temperatures in the lower 40s for a wet warm up in the afternoon.

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Pussy Riot does Garner video

Protest. Russian protest singers make a New York video.

The feminist punk band jailed for protesting Russian President Vladimir Putin in 2012 dove into American politics on Wednesday, releasing a music video that includes the death of Staten Island man Eric Garner.

"I Can't Breathe" is a haunting track that takes its name from Garner's last words after he was arrested and died from an alleged chokehold at the hands of an NYPD officer in July 2014.

The video depicts band members Masha Alyokhina and Nadezhda Tolokonnikova being buried in a shallow grave and images of cigarettes on the ground. Garner was arrested for reportedly selling loose cigarettes on a Staten Island street corner.

Pussy Riot / YOUTUBE

"He's become his death, the spark of the riots. That's the way he's blessed to stay alive," the duo sings in English.

"This song is for Eric and for all those from Russia to America and around the globe who suffer from state terror — killed, choked, perished because of war and state-sponsored violence of all kinds — for political prisoners and those on the streets fighting for change," the band wrote in the YouTube video description.

Garner's death and a grand jury's decision not to indict his arresting officer led to weeks of protests across New York City calling for police reform.

The Pussy Riot singers came to New York in early 2014, meeting Mayor Bill de Blasio to discuss prison systems, and performed at the Barclays Center.

The song closes with punk legend Richard Hell reading Garner's final conversation, repeating "I can't breathe" nine times.

The video had just under 70,000 views by Wednesday evening.

CHESTER SORIA
@chestersoria
chester.soria@metro.us

Grand juries. Cops say judge's plan is biased

Police union leaders bristled Wednesday at a plan to change the grand jury system in cases where civilians die at cops' hands, saying it creates a separate justice system for police.

Patrolmen's Benevolent Association President Pat Lynch blasted a proposal by Chief Judge Jonathan Lippman to have judges oversee the grand jury process in fatal arrests.

"The rule of law should apply evenly and fairly to all without exception," Lynch said in a statement Wednesday. "There should not be a separate system of justice for police officers."

Police reform advocates say cops have always had a separate system of justice, and say Lippman's plan could balance out what they say is a preferential system for cops.

Lynch says judges already have a finger in the pot because they give instructions to the grand jury.

"Police officers already seem to face a separate justice system that fails to hold them accountable to the law," said Priscilla Gonzalez of Communities United for Police Reform.

John Jay professor Eugene O'Donnell, a former NYPD cop, says the judicial system has always looked out for cops.

"The system is rigged," he said. "People don't want to admit to it, but the system is rigged." **CHESTER JESUS SORIA**

Ashes to mark the start of Lent

Parishioners pause in front of St. Brigid Catholic Church in Brooklyn on Wednesday. Catholics observe the beginning of Lent by having a priest mark the symbol of the cross on their foreheads, using ashes from palm fronds used in the previous year's Palm Sunday celebrations.

CARLOS LLAMAS

Saving lives

DOT's Vision Zero plan

The Dept. of Transportation revealed its plans to cut pedestrian deaths in Manhattan. The borough averages 2.1 deaths per 100,000 residents, the highest of all five boroughs.

The DOT plans to expand pedestrian crossing time and change the timing on turning signals by 2017. The city will also coordinate with the MTA to ensure buses run more safely.

"The DOT report is good, but at the pace of 50 projects a year citywide, it will take decades to reach our goal of zero traffic deaths and serious injuries," said Caroline Samponaro, deputy director of advocacy group Transportation Alternatives. **WILL SPEROS**

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Queens

Med student arrested for child porn

A Queens medical student was arrested and charged Wednesday with possessing and distributing child pornography online.

The Queens District Attorney's office said it indicted Brennan Chan, 33, of Jamaica, Queens, and charged him with 11 counts of possession and 11 counts of distribution.

Queens DA Richard Brown called the Internet the "proverbial back alley for illegal porn purveyors." **METRO**

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Health care spending on the rise again

Adding jobs likely indicates additional demand for medical care / GETTY IMAGES

Estimated jump. Health care spending during 2014 may mark the biggest jump since before the recession.

The national medical bill may be back to growing faster than gross domestic product. After five years of historically slow growth, new data show U.S. health care spending accelerated significantly in 2014.

The analysis, from the Altarum Institute research group and based on preliminary government data, shows health spending increasing by 5 percent last year, compared to 3.6 percent in 2013.

Economists don't know how much of the recent slowdown was due to the recession and how much came from real changes to the health care payments and delivery system. Millions of Americans lost their jobs — and their health insurance — in the wake of the 2008 financial crisis and recession. The Affordable Care Act, passed in 2010, introduced some measures to control healthcare costs, including penalties for hospitals whose Medicare patients are readmitted within 30 days of a hospital stay.

The jump in health spending for 2014 wasn't unexpected. Millions of Americans have now gained health insurance through the exchanges, expanded state Medicaid programs, and jobs created by employers.

Medication

10%

Medication makes up just about 10 percent of the total U.S. health care bill.

"All three together are driving the coverage and presumably the spending," said Altarum senior economist Paul Hughes-Cromwick.

The federal government had anticipated that the spending slowdown would end in 2014, projecting total health care spending growth of 5.6 percent. Official numbers for 2014, tallying everything the government, employers, and individuals spend on health care, won't be published until the end of 2015. BLOOMBERG

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Jeb Bush: Step up fight against Islamic State

Chicago Council on Global Affairs. Bush issued criticism of President Obama's handling of foreign policy.

Asked if the United States should engage diplomatically with ISIS, Bush said absolutely not. / REX USA

Republican Jeb Bush offered a vision of a more robust U.S. foreign policy on Wednesday, saying the strategy toward Islamic State should be one that "takes them out" and not to engage diplomatically with the militants.

Addressing the Chicago Council on Global Affairs, Bush, a possible Republican contender in the 2016 presidential election, sought to lay to rest any concerns that his foreign policy views might be influenced by the presidential legacies of his father and brother, saying, "I am my own man."

As for the Iraq war that damaged the second term of his brother, former President George W. Bush, Jeb Bush said "there were mistakes made in Iraq for sure," but gave his brother credit for a 2006 troop surge that helped stabilize Iraq.

Quoted

"There's no talking about this. That's just not going to work for terrorism."
Jeb Bush

He said he was surprised Obama had opposed an appearance before the U.S. Congress by Israeli Prime Minister Benjamin Netanyahu and was eager to hear what he had to say. He said Obama was being overly generous in his negotiations with Iran over its nuclear program.

Bush said the United States military needs to be rebuilt after budget cuts of recent years and described the challenge from Islamic militants as the greatest threat to U.S. security of current times. REUTERS

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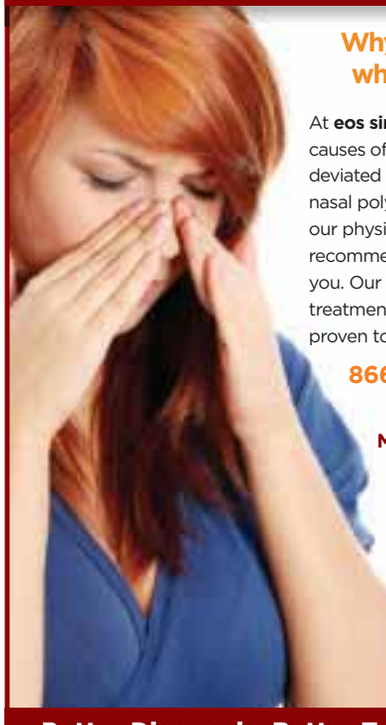

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Five things you need to know

1 Uber seeking $1B more in latest funding round

Uber Technologies has expanded a fundraising round to $1 billion from $600 million amid swelling investor appetite for the mobile car-booking application.

Uber submitted a filing Wednesday to the Delaware Secretary of State to bump up its fundraising to $1 billion, according to a representative of the San Francisco-based company. Bloomberg News reported last month that Uber was seeking an additional $600 million from hedge funds and international strategic investors as part of a financing round known as its Series E round.

Uber has been on a money-raising tear. The company, led by Chief Executive Officer Travis Kalanick, raised $1.2 billion in financing in December, which valued the startup at $40 billion, one of the highest valuations for a closely held technology startup. Last month, Uber also closed $1.6 billion in convertible debt from Goldman Sachs Group Inc.'s wealth management clients, people with knowledge of the matter said.

"The participation we have seen in Uber's Series E underscores the confidence investors have in Uber's growth," said Nairi Hourdajian, Uber's head of global communication. **BLOOMBERG**

KALANICK /GETTY IMAGES

2 Fed worried about hiking rates too soon

A Federal Reserve policymakers expressed concern last month that raising interest rates too soon could pour cold water on the U.S. economic recovery, and fretted over the impact of dropping "patient" from the central bank's interest rate guidance.

At the central bank's last policy-setting meeting in January, Fed officials debated the impact that stubbornly low inflation measures were having on the central bank's confidence in moving ahead with raising rates.

They also noted how China's economic slowdown and tensions in the Middle East and Ukraine posed downside risks to the U.S. economic growth outlook. **REUTERS**

3 Trial set for suspect in killing of Va. student

The man accused of murdering University of Virginia student Hannah Graham will go on trial starting on June 29 in Charlottesville, officials said on Wednesday.

The trial of Jesse Matthew Jr., a 33-year-old Charlottesville hospital worker, is scheduled to last three weeks, an Albemarle County Circuit Court spokesperson said.

Matthew was indicted on charges of first-degree murder and abduction with intent to defile. **REUTERS**

4 Refinery blast at Exxon refinery in California injures three

An explosion and fire at Exxon Mobil Corp's Torrance, California, refinery sprayed ash on cars, shattered windows of surrounding buildings and hurt three workers on Wednesday.

The workers suffered minor injuries in the explosion and fire, and were treated at the scene, a fire captain said.

The explosion occurred near a fluid catalytic cracking unit of the refinery, according to David Campbell, the treasurer and secretary of the local chapter of the United Steelworkers,which represents plant operators. **REUTERS**

5 Obama chooses Clancy to be Secret Service director

President Barack Obama has chosen Joseph Clancy as the new head of the Secret Service, the White House said on Wednesday, after a series of high-profile, security lapses led to a shake-up in the troubled agency's leadership.

Clancy, who personally helped guard the lives of three U.S. presidents, has been head of the agency on an interim basis for the past four months. Director Julia Pierson stepped down in October. **REUTERS**

CLANCY /GETTY IMAGES

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2 CULTURE

Twitter feed

Today, Patton Oswalt is unimpressed, Jimmy Kimmel is having trouble at home, Jeremy Jordan is a tad starstruck, John Cleese is miffed and Malin Akerman is looking for some privacy.

@pattonoswalt: The Three Stooges did BDSM better than 50 Shades of Grey.

@jimmykimmel: should I be offended when my wife asks me a question and, JUST as I begin to answer it, I realize she was asking Siri?

@JeremyMJordan: Just met Will Smith and Michael Strahan within seconds of each other. Not upset. Will came up and introduced himself. Classy as hell.

@JohnCleese: The Daily Mail still hasn't corrected the figure for the sales of my book.

@MalinAkerman: Sometimes a girl just wants a day to herself.

Pamela Anderson's divorce is getting messy

Rick Salomon and Pamela Anderson are seen in less turbulent times.
ALL PHOTOS GETTY IMAGES

It's barely been a week since Pamela Anderson filed for divorce from husband, Rick Salomon, and already tensions are escalating. The former "Baywatch" star is reportedly ordering him to remove his two daughters, ages 16 and 18, from her Malibu home immediately. She also wants his Rottweiler, Bumblebee, removed from the premises, so you know she means business. Salomon, who is currently working in Las Vegas, reportedly "begged Pam to give him a week or two until they could find a new place," but Anderson isn't budging. Also, this is the second time Anderson has filed to end her marriage to Salomon, and they were also briefly married in 2007 before Anderson had it annulled. Maybe this time it will stick? I just hope Bumblebee's OK.

Daily video

Grandfather goes on Tinder dates

SLOW CLAP, YOUTUBE

What if you showed up for a Tinder date with a 21-year-old filmmaker and it turned out to be an 89-year-old grandpa? YouTuber Ethan Cole convinces his grandfather, Joe, to try out Tinder — which, as Joe learns, is not firewood. The results are pretty hilariously awkward, but the ladies at least are good sports about it — especially the one who offers to take both of them. And as Joe also winds up learning, "dating is f—ing tiring."

THE WORD

Ned Ehrbar takes on the world of gossip.

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ned.ehrbar@metro.us

If you're an anti-vaxxer, you can't sit with Kristen Bell

The backlash against parents opposed to vaccinating their kids has a new celebrity face: "House of Lies" and "Veronica Mars" star Kristen Bell, who has two infant daughters at home. "When Lincoln was born [two years ago], the whooping cough epidemic was growing, and before she was 2 months old, we simply said, 'You have to get a whooping cough vaccination if you are going to hold our baby,'" Bell tells the Hollywood Reporter. And she and husband, Dax Shepard, aren't loosening those precautions a bit with newborn Delta. "It's a very simple logic," she explains. "I believe in trusting doctors, not know-it-alls."

Matthew Perry almost missed 'Friends' for a terrible-sounding sitcom

Can you imagine "Friends" with someone other than Matthew Perry playing Chandler Bing? It nearly happened, all because Perry's horrible business manager at the time told him he had no money and needed a gig badly. And before the script for "Friends" — then called "Friends Like Us" — came along, he'd already signed up to star in a sitcom pilot called "LAX 2194," about "baggage handlers at the L.A. airport in the year 2194," he recently revealed to Seth Meyers. Luckily, everyone at the network quickly realized that "LAX 2194" was "the worst thing we've ever seen in our lives," so Perry was freed up to pursue more contemporary material.

Perry was almost not a "Friend."

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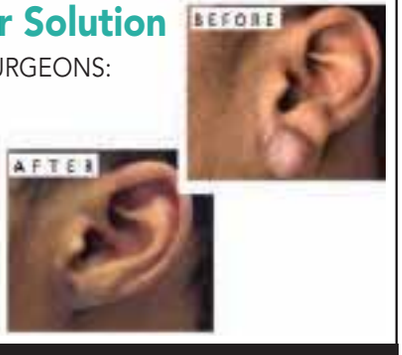

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YO, HOLLYWOOD WE NEED MORE GIRLS IN STEM

There are a lot of reasons we see few girls in STEM (Science, Technology, Engineering and Math) careers. It's not encouraged in schools; math and science toys are marketed to boys, not girls; and the industries, like game design, tend to be sexist as well. (Anyone remember scientist Matt Taylor's choice of a shirt full of scantily clad ladies during the broadcast of the historic landing of a ship on a comet? Classy, sir.)

How do we change this? One way Hollywood can help is to give us more examples of women with jobs and interests in STEM. Geena Davis said it beautifully in McKinsey Quarterly: "If women are depicted as one-dimensional, stereotyped, hypersexualized or simply not there at all, it sends a clear message: Women are not as important as men. And that has an enormous impact on business and society." President Obama weighed in on this as well.

During an interview with NBC, he expressed concern about the rarity of women as engineers in entertainment.

The few great examples for girls are usually drowned out by things like the Barbie book "I Can Be a Computer Engineer." If you haven't seen it, the storyline involves Barbie designing a game and not being able to do it without the help of her male friends. "I'm only creating the design ideas," Barbie says, laughing. "I'll need Steve and Brian's help to turn it into a real game." When the discussion after "Big Hero 6" is how refreshing it is to see women in STEM careers, one is struck by the fact that the discussion has to take place at all.

SCIENTIST MATT TAYLOR'S WARDROBE INCLUDES A SHIRT WITH SCANTILY CLAD LADIES.

One idea

Recast the role

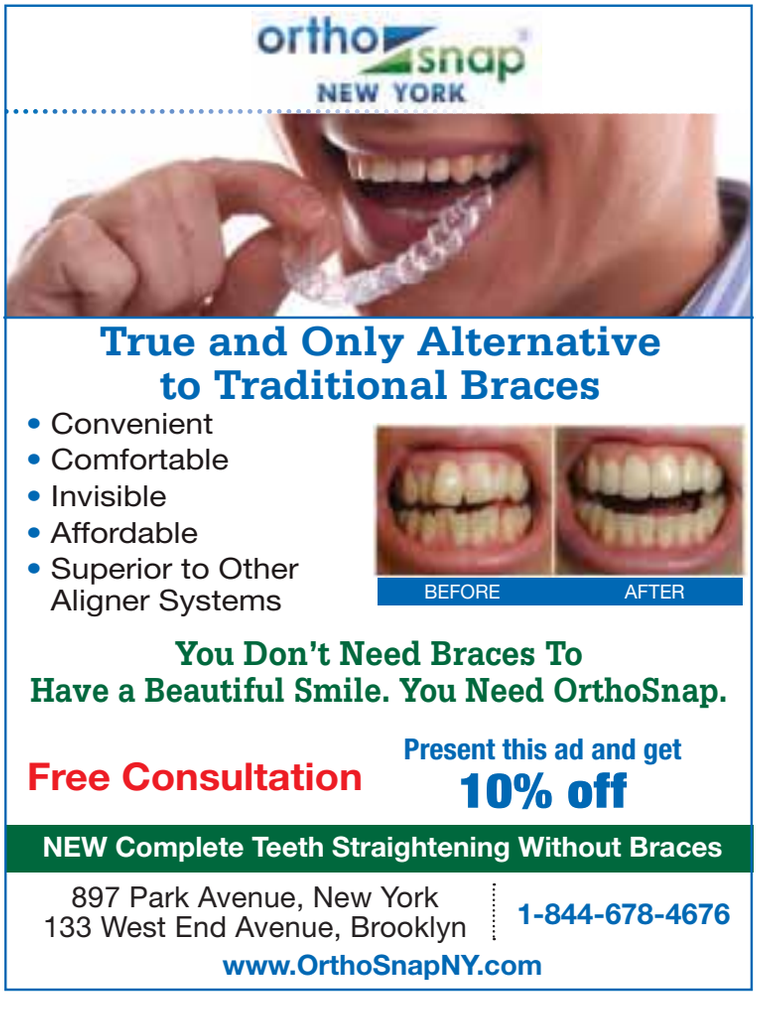
What's important here is that we make some changes across the board. Just change the gender of that pilot or engineer. Change what the face of STEM careers look like in entertainment and we will see change elsewhere.

Barbie's half-hearted attempt to become a computer engineer is not a great inspiration for women. MATTEL, RANDOM HOUSE PUBLICATIONS

Geek Girl in Hollywood

JENNA BUSCH

JENNA BUSCH TAKES ON THE WAY POP CULTURE SNUBS ITS FEMALE FANS. VISIT METRO.US/JENNA-BUSCH FOR MORE COLUMNS, AS WELL AS HER SITE, LEGION OF LEIA (WWW.LEGIONOFLEIA.COM)



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Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

by OsteoRelief Center

OsteoRelief Center is a medical clinic with locations in Mid-town NYC, Financial District NYC And north Jersey that has treated thousands of knee arthritis patients since 2009.

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee arthritis pain, you have probably already tried many treatments ... especially countless pain medications.

Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

OsteoRelief Center is a REAL medical clinic that has treated thousands of knee arthritis sufferers. Patients travel from all over the country to be treated at one of their clinics because they want the best medical treatments available.

What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1 Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that, here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knee.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid."

Pharmaceutical companies (with the help of scientists) can now make natural synovial fluid gel-like compounds that, during viscosupplementation, treatments... doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the injection is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at OsteoRelief Center use advanced digital imaging so they can see the medicine going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without imaging miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this special digital imaging without good results - this may be why.

That's why OsteoRelief Center takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make-ups. Just like all medications, some people respond better to some than others. While many doctors only use one brand, the experts at Osteorelief Center use several and great effort is taken to figure out what the best one for YOU is.

One last thing: The experts at OsteoRelief Center have found that the earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why OsteoRelief is now seeing so many patients as young as 45.

Summary: If you have knee arthritis pain and have not tried Viscosupplementation, you should look into it as soon as possible.

If you have tried it without good results, you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including visco supplementation fail... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true... and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2 Radiofrequency Neurotomy

This treatment is called, "RadiofrequncyNeurotomy." RF for short

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequncy waves are delivered to the genicular nerves under advanced imaging to "block" the nerves

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Knee Arthritis Sufferers Successful Treatments?

Needs To Know - Before Or After Knee Replacement Surgery

Two procedures are performed. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, Genicular Neurotomy (G - RF) is performed for long term relief.

Is It Safe?

Research has shown this procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1, 4 and 12 weeks, respectively. No patient reported a postprocedure adverse event during the follow-up period. RF neurotomy of genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee OA pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all research, more studies should be done to get even more answers.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

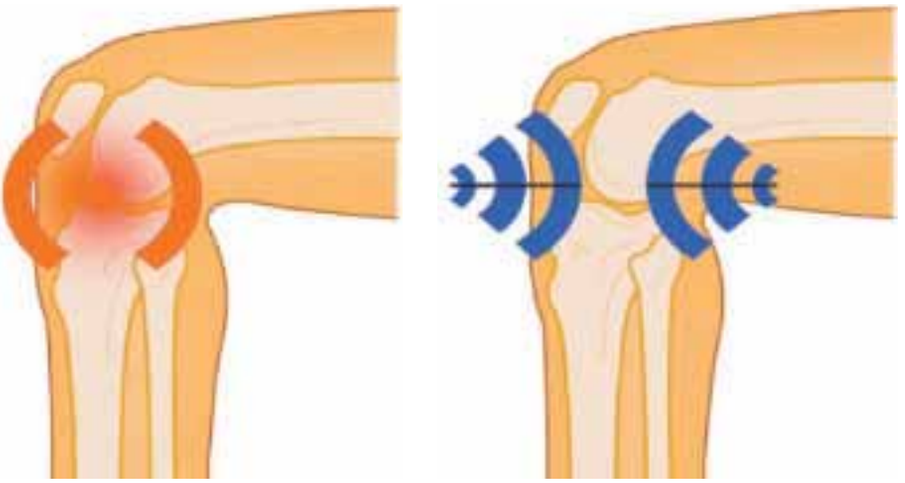
Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and and even more expensive.

OsteoRelief Center believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over the country to be treated at one of their advanced medical clinics.

Advanced Treatment Uses Radio Frequencies To Relieve Knee Arthritis Pain



Science rescues knee arthritis sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

Your Invitation

OsteoRelief Center offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Center.

If you would like a complimentary screening, just call 800-227-KNEE(5633) and tell the scheduling expert who answers the phone, "I would like a complimentary knee arthritis screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

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‘Two and a Half Men’ says goodbye

Interview. Original cast member Jon Cryer shares what he’ll miss about playing Alan.

“Two and a Half Men” has had a few incarnations over its run. The Chuck Lorre show started out with brothers Charlie and Alan and Alan’s son Jake, but only Alan remains. After 12 years on the air, the show signs off with an hourlong finale. We talked to the man who’s been through it all, Jon Cryer.

What will you miss most about Alan?
What the writers got about me early on was that I was a guy who wanted some semblance of dignity, but I just kept letting myself down in that respect. That they found almost every facet of every possible situation where that could happen has been great. They discovered something for me as a performer that I didn’t know was what I do, so I will miss that. And it will be interesting to try and find new characters that have the same sort of thing. I don’t know that there’s any character I’m going to want to play for 12 years again. This has been crazy.

THE “TWO AND A HALF MEN” FINALE IS ON TONIGHT AT 9 ON CBS.
MICHAEL YARISH, WARNER BROTHERS

Next up for you is your memoir, right?
I have a book coming out this April called, “So That Happened.” It’s about having been in the business from when I was 18. It started out weird, and got even weirder.

You’ve had one of the weirder acting careers.
I have. But it’s been fun. And certainly interesting, and I’ve learned a lot. And it will be in this book!

Any plans for the future?
One of the ways that I’ve been able to handle the weirdness of my career is I just don’t picture ahead of time where I’m going to be or what I’m going to do. As an actor you’re not in any real kind of control anyway, so you might as well be a blank slate and let life happen to you.

Mementos

Do you wish you’d taken anything from the set?

The one thing that I wanted, but it disappeared this year, was, when Steven Tyler guested, they had to put his one line on a gigantic cue card because he could not get his one line. The line was, “There’s a lot of the ’70s I don’t remember.” That was it! It’s not a long line. And for years, it was posted up, and that was the one thing I had my eye on, and then it disappeared this year. Somebody got to it before me.

LISA WEIDENFELD
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MARC CLERY

Dover, Delaware: Kid-friendly getaway

Hands-on fun at museums and attractions in and around the city

Orchid Extravaganza at Longwood Gardens

A glorious display to brighten up a dull winter's day

CAROL DEGUISEPPI

Hawaii Volcanoes National Park

BIG ISLAND VISITOR'S BUREAU/ETHAN TWEEDIE

There aren't many places on Earth where you can see new land being born, but Hawaii is one of them.

The Hawaii Volcanoes National Park is a national park like no other in the U.S., and one of the island's big attractions beyond its beaches.

It has not one, but two active volcanoes: Kilauea, is said to be the most active volcano in the world, while Mauna Loa is the biggest volcano on the face of the earth.

Fortunately for visitors, both volcanoes are considered fairly benign compared to some others elsewhere in the world. But this wasn't always the case. The islanders regard Kilauea as the home of Pele, the volcano goddess, and in 1790 a group of warriors offering gifts to Pele were killed during a sudden, violent eruption. You can still see their footprints in the lava rock.

Pu'uhonua o Honaunau National Historical Park

STEVEN GREAVES/APA PUBLICATIONS

Today you can safely hike to the top of Mauna Loa on one of numerous hiking trails in the park.

If you want to see the active Kilauea volcano too, you should allow at least a day for a visit. The park covers 323,431 acres and it takes time to get to Kilauea. The reward is a chance to see the longest continuously erupting volcano in the world — it has been constantly active since 1983.

Stop at the Visitor Center first to learn what the current activity is like and where the action is. There are geologists on hand to answer questions. From there you can join the Crater Rim Drive, an 11-mile route through some of the most startlingly unique scenery in the Pacific Ocean.

The park isn't all about volcanic rock, however. It also has an area of desert, lush mist-filled rain forests harboring giant ferns, black sand beaches and even snow on Mauna Loa's 13,679-foot summit.

INSIGHT GUIDES | MIKE GERRARD AND DONNA DAILEY

Kalaupapa National Historical Park

HAWAII TOURISM AUTHORITY/DANA EDMUNDS

Haleakala National Park

HAWAII TOURISM AUTHORITY/TOR JOHNSON

Hawaii's other national parks

Pu'uhonua o Honaunau National Historical Park

This religious site on Hawaii's west coast, once a refuge for criminals seeking forgiveness and the chance to reform, is now a living museum of ancient Hawaiian laws and rituals.

Kalaupapa National Historical Park

On the island of Molokai, this former colony for those suffering from leprosy requires a permit to visit, with only 100 issued each day, making it a truly special experience.

Haleakala National Park

This Maui park's main feature is the seven-mile-wide volcanic crater, best seen at sunrise and sunset, but it also shelters endangered endemic wildlife such as the nene, or Hawaiian goose, the world's rarest goose.

Kaloko-Honokohau National Historical Park

On the west coast of Hawaii, Kaloko-Honokohau has walking trails and ancient fishponds, plus a wetland area where you'll find native wildlife.

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Dover, Delaware: Kid-friendly getaway

With plenty of indoor and outdoor activities, Dover is a great escape for snow-weary, cabin-fevered families.

Heritage Park walking tour

KENT COUNTY TOURISM

Schwartz Center

VITAL THEATRE COMPANY

The Delaware Agriculture Museum and Village (www.agriculturalmuseum.org) has a farmhouse-themed play area where kids can pretend to milk a cow. Outside, they can meet other barnyard animals. Learn where the phrase "put a sock in it" came from at the Johnson Victrola Museum. Dozens of the wind-up machines are cranked and play 78 RPM classics.

Costumed guides lead free walking tours through Heritage Park in Dover.

At the Air Mobility Command Museum (www.amcmuseum.org) at Dover Air Force Base, kids can explore an old control tower while listening to live transmissions as planes take off and land. The jet that served as Air Force Two until 2011 is on display. The air base is open for tours the third Saturday of every month.

Outside, visitors can explore coastal marshland at St Jones Reserve. At the Center for Estuarine Studies at the Reserve, there's the chance to meet a camera-hogging diamondback turtle and Stanley the Sturgeon. A two-mile nature walk goes through the tidal marshes — look for raccoon tracks on the boardwalk and deer in the brush.

Dover's governmental hub forms Heritage Park, a "museum without boundaries." The daily free walking tours are filled with history from 1777 to the present, delivered by costumed guides. The restored buildings on Loockerman Street are at the center of Dover's commercial district; you'll find lots of restaurants and shops here. Delaware has no sales tax, so souvenirs are a bargain.

Johnson Victrola Museum

KENT COUNTY TOURISM

The Schwartz Center (www.schwartzcenter.com) features performances for kids in February and March, including "Charlotte's Web" and a "Pirates of the Caribbean" ballet. The Biggs Museum of American Art (www.biggsmuseum.org) has a crafting and dress-up room. Or strap on roller skates or roller blades at the Dover Skating Center (www.doverskate.com).

Both www.visitdover.com and www.visitdelaware.com have guides for hotels, dining and other needs.

INSIGHT GUIDES | FRAN SEVERN

Orchid Extravaganza at Longwood Gardens

Longwood Gardens

CAROL DEGUISEPPI

Winter is the peak blooming season for orchids, and they're in all their glory at this annual festival near Philadelphia.

Outside it may be gloomy and gray, but it's all color, fragrance and elegant displays at Longwood Gardens in Kennett Square, Pennsylvania. Some 5,000 exotic and fragile orchids are arranged in baskets, on garden arches, beside a waterfall and in a "meadow," all inside a four-acre conservatory.

Thousands of exotic, fragrant orchids are arranged in the conservatory.

Many of the orchids are familiar to gardeners, but there are examples of rare and hard-to-grow varieties. Staff select and arrange blooms from Longwood's five grow houses every day, so the vibrant colors and sweet scent never fade.

The Extravaganza runs through March 29. Admission is with timed tickets, which also grant access to the rest of Longwood's conservatories and grounds. While tickets can be purchased at the door, they may sell out on any given day, so order online at tickets.longwoodgardens.org to guarantee admission.

INSIGHT GUIDES | FRAN SEVERN

Flights of fancy

Reviews

Michael Kors

Opposites attract, and Michael Kors' show proved just that. The designer mashed-up traditional tweed with feminine feather embroidery and bedazzled a silky pajama set for a night on the town. Despite such dueling delights Kors proved once again that what he's best at is classic American sportswear: ultra-wearable luxe knits in earthy tones, head-master-at-a-prep-school checkered coats and slouchy mannish wool trousers. They made us long for colder weather, and with our current temps, that's saying a lot. **TINA CHADHA**

Rodarte

Last fall, sisters Laura and Kate Mulleavy were inspired by "Star Wars," and watching this season's skintight leather pants and vampy thigh-high boots hit the runway it made you wonder if "Pretty Woman" was on repeat in their studio. Following the sexed-up looks, the designers got back to familiar territory. Rodarte's otherworldly sprites, in ethereal one-shouldered dresses, soon made way for the collection's grande dame: the haute gypsy. Glam gowns with tiers of shimmery sequins, crystals and feather trims closed the show. **TC**

Diesel Back Gold

Let's face it: The Diesel customer isn't going to swap her tough leather jackets and black denim for shag coats and boho floral dresses. But designer Andreas Melbostad did manage to sneak some of the season's biggest trends into the brand's tried-and-true formula. Knit turtlenecks toughened up with grommets, brocade cut into tight cigarette pants and black lace slips peeking from under badass leather pleated minis or oversized sweaters.
RAQUEL LANERI

Narciso Rodriguez

For Fall, Narciso Rodriguez refined his signature minimalism, elongating and flattening his silhouette: his crepe flared trousers and sweeping sleeveless coats nearly grazed the floor, while stretchy knit bustiers layered over sheer bodysuits gave the effect of two-dimensional planes on top. Most of the ensembles stuck to modernist black and white, but when Rodriguez did use color, he really made it sing, combining rich plum with cool spearmint, or a golden saffron with blush pink. Breathtaking. **RL**

New day at ODLR

Peter Copping made his debut at Oscar de la Renta on Tuesday, and front-row stars Taylor Swift and Karlie Kloss approved. "Beautiful," the supermodel whispered to her BFF as a strapless blue number went by. As for the ladies who lunch — Oscar's bread and butter — they can rest easy. Ladylike skirt suits, dainty day dresses, and elegant furs (in jaunty shades of red) paid respect to the late designer without looking too slavish. But Copping really let loose with the evening wear, with bold prints, unlined lace bodices and exuberant ruffles giving this lovely, considered collection a youthful edge. **RL**

ALL PHOTOS GETTY IMAGES

J.Crew

Who said fall has to be all about neutrals and black? J.Crew layered pale pink, neon yellow and punchy purple with as much ease as it does classic denim and stripes. Standouts — and there were many— included: a camel parka with canary lining, a whimsical multicolored feathered skirt and dramatic wide-leg trousers. Get your online shopping carts ready. **TC**

Growing by hops and bounds

Beer Week 2014 drew massive crowds at Grand Central Terminal, and this year has nearly twice as many breweries participating. / JUREN DAVID

SMaSH

What's new for 2015?

Taylor got the idea for SMaSH — State Malts and State Hops — during his long commute. Instead of a collaboration brew like many beer festivals do, which he says often turn out "like a camel: a horse by committee," he suggested an "Iron Chef"-style competition. The breweries voted on three malts and three hops (all grown on New York state farms) they would all use, then got to work creating their own unique brews. Check out all of the SMaSH beers at the Brewer's Choice event on Feb. 24; they'll also be available at various events over the course of the week.

NYC Beer Week.
Craft beer is scaling up in popularity.

The numbers tell the story of why this year's New York City Beer Week is the largest ever: from over 100 events in 2014 to more than 400 this year, taking place across more than 200 venues.

"Craft beer has exploded in popularity," says Kelly Taylor, president of the New York City Brewers Guild, a nonprofit alliance to promote craft beers. "Last year we had 11 breweries in the city; now we have around 20. We're going to probably add another 10 or so by this time next year."

Now in its seventh year, Beer Week brings together 20 NYC craft breweries as well as national and international brands for everything beer-themed, including tap takeovers, pairing dinners, talks and, of course, debuting new brews.

Not so long ago, Taylor used to be able to count the number of places in the city serving craft beer on one hand. Now, all the taps at Brooklyn Bowl are local, Hudson Common — "a tremendous tap selection" — commissioned a beer then curated its tap selection around it, and you can even find a local pint at the Hyatt in Times Square.

The same locavore movement that has made farmers markets the must-shop venues is changing people's philosophy on beer. "Whether they're Europeans or they're from Nebraska," Taylor says, "people have recognized that beer made locally has the potential of being more interesting."

EVA KIS
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Special to NYC

What's coming up for craft beer in the city?

Craft beer has already scaled up its presence among the city's bars and restaurants, and finding a new tap is about to get the 21st century treatment. This summer, the guild will be releasing an app that finds the bars, restaurants and other retailers selling craft brews nearest you.

Kelly Taylor, center, is also brewmaster at KelSo. / JUREN DAVID

Is there a style of beer that NYC does well?

"New York City brewing water is spectacular water," Taylor says. Aside from filtering out some of the chlorine, it's good to go into the tanks, with an "incredible flexibility to do anything." But, when pressed, Taylor says Belgian farmhouse-style beers are particularly good right now in the 212.

Where to find craft beer now

Rockaway Brewing Company / PROVIDED

Long Island City

Grab the 7 train at Grand Central to Long Island City, which will soon get its fourth brewery since 2012. The first, Rockaway Brewing Company, then Big Alice and Transmitter, has been on "a vertical climb" since opening, says co-owner Ethan Long. Their production capacity grew tenfold after a recent expansion, which is "still tight" to meet demand for their beers, which he characterizes as old London with an American twist: "Even our IPAs tend to have a different kind of malty structure, less hop-forward — solid, drinking beers."

Long and his co-founder, Marcus Burnett, started out in LIC largely out of convenience. But he credits Queens residents with supporting their idea from the beginning and helping to "create a hotbed of brewing."

"[Craft beer] was growing four to five years ago, but now we're catching full wind in the sails," he says. "People see what's been building under the surface with a huge home brew scene, a lot of talent in New York City [and] a lot of appreciation of beer that's now come into the limelight."

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Best of Beer Week

Opening Bash

Beer Week kicks off at the Altman Building with 40 breweries from all regions of the state and an unlimited ticket to sample their brews and snacks.
Feb. 22, 1 p.m., $65
135 W. 18th St.

Brewnity

Taste the next small thing in brewing as 15 home brewing groups bring out more than 50 of their beers to benefit City Harvest.
Feb. 22, 1 p.m., $25-$85
149 Seventh St., Brooklyn

Brewer's Choice

Sanders Studios packs in over 40 beers and 20 food vendors (from oysters to brisket) on one all-inclusive ticket.
Feb. 24, 6 p.m., $65
525 Waverly Ave.

5 Boroughs of Beer Dinner

Randolph Beer is highlighting brews from each of NYC's enclaves over a five-course pairing menu that includes shrimp tacos and a gianduja chocolate mousse torte.
Feb. 26, 7:30 p.m., $75
343 Broome St.

Gun Hill Anniversary

The brewery is celebrating its first year with live music, food trucks, limited-edition beers, beer cocktails and specials.
Feb. 28, 5 p.m.
3227 Laconia Ave., Bronx

Motley Bru release

Make it a late night at Dirck the Norseman as they uncork their new saison, made with six malted grains and aging in four oak barrels since April that all received a different strain of Brettanomyces yeast.
Feb. 28, 11:59 p.m.
7 N. 15th St., Brooklyn

Cocktail of the Week

Toast the Oscars with a margarita

We know celebrations are typically Champagne events, but Sunday happens to be National Margarita Day as well as Academy Awards night. And just in time, Patron tequila has released this spicy tropical recipe – with Neil Patrick Harris hosting the ceremony, Sunday has all the makings of a great night to forget our ongoing weather drama.

Smoky Margarita
- 1½ oz. Patrón Silver
- ½ oz. fresh lime juice
- ½ oz. pineapple juice
- ½ oz. agave nectar
- Pinch of smoked paprika
- Smoked sea salt

Prepare an Old Fashioned glass by moistening the rim and rolling it in smoked sea salt. Shake everything with ice. Fine strain over fresh ice cubes in the prepared glass. Garnish with a lime and a dusting of smoked paprika.

EVA KIS

PROVIDED

FILM

John Carpenter: Master of Fear

Through Feb. 22
BAM Rose Cinemas
30 Lafayette Ave., Brooklyn
$14, bam.org
This tribute to the creepy B-flick master coincides with the release this month of his first solo album, "Lost Themes," reminiscent of the spooky soundtracks that would score one of his films. Showings this weekend include "The Ward" (tonight), "They Live" (Friday) and both "Escape from New York" and "Escape from L.A." on Saturday.

PARTY

'Dorothy Parker Drank Here'

Feb. 24, 5:45 p.m.
Algonquin Hotel
59 W. 44th St.
Free, algonquinhotel.com
Trade your favorite Dorothy Parker witticisms among fellow fans with a drink in hand at the launch party (and author signing) for Ellen Meister's new novel, "Dorothy Parker Drank Here," which takes place next week at the Algonquin Hotel.

ARTS

'Western Society'

Through Feb. 21
NYU Skirball
566 LaGuardia Place
$39-$65, nyuskirball.org
In association with the Public Theater, which brought Gob Squad's zany, award-winning brand of alternative theater to life in 2012, NYU Skirball hosts "Western Society," a show that uses technology, karaoke and booze to comment on modern life.

CIRCUS

Circus Xtreme

Through March 1
Barclays Center, 620 Atlantic Ave., Brooklyn
$20-$85, ringling.com
Ringling Bros. and Barnum and Bailey step the excitement up from juggling clowns with "Circus Xtreme," which comes to Brooklyn this weekend. The latest version of "The Greatest Show on Earth" involves high-wire wizards, a human cannonball, a skydiving act and BMX trick riders. Come an hour early to meet the performers, get close to the animals and test some of your own circus skills (in a borrowed costume, no less) – it all comes with the price of admission.

PROVIDED

MUSIC

Dig Deeper with Roy Lee Johnson

Feb. 21, 9 p.m.
Littlefield
622 Degraw St., Brooklyn
$15-$20, littlefieldny.com
Dig Deeper is losing its underground status this weekend with a soul and blues fest featuring Roy Lee Johnson and backed by the Brooklyn Rhythm Band. The man who has legit songwriting credits on Beatles albums plays NYC for the first time since the '70s.

COMEDY

Demetri Martin

Feb. 28, 8 p.m.
The Town Hall
123 W. 43rd St.
$47, the-town-hall-nyc.org
Comedian Demetri Martin isn't known for taking it easy on his audiences; his no-holds-barred dry wit got him a writing gig for "The Daily Show" (and those Comedy Central stints sure didn't hurt). Now, he brings "The Persistence of Jokes" to NYC for a one-night show. Tickets will surely go fast, but you don't have to second-guess picking up a pair for yourself in advance; check out his classic "Premium Blend" appearance to confirm this act will make it worth every laugh.

UPCOMING

One Step Beyond with Mayer Hawthorne

March 6, 9 p.m.
American Museum of Natural History
Central Park W & 79th St.
$25-$30, amnh.org
It's your chance to dance with the stars — of the planetarium, that is. One Step Beyond brings Grammy-nominated Mayer Hawthorne, The Range and Astro Nautico to DJ for a dance party. VJs add to the trippy visuals you already expect from the venue. There will, of course, also be cocktails to keep the party going.

T. MICHELLE MURPHY

FOOD

PROVIDED

Japan Week depachika

Through Feb. 20, 11 a.m.
Grand Central Terminal, Vanderbilt Hall
Free, japanweek.us
The Japanese are often imitated yet never duplicated. Get a taste of their culture at a depachika (an elaborate food court found inside Japanese department stores) set up in Vanderbilt Hall as part of the fourth annual Japan Week. Vendors will offer freshly made street fare, bento boxes, ramen (ready made and kits to try at home), mazemen, green tea treats from ice cream to cake, hummus made from tofu, too-cute-to-eat desserts (wagashi) and a sake bar (after 4 p.m.). Also check out the Beer Table Pantry, which will turn over its taps to Japanese brews from Kiuchi, Baird and Yo-Ho (noon-3:30 p.m.) Local celebrity chefs Shigetoshi Nakamura (Ramen Lab) and Ivan Orkin (Ivan Ramen) will chat about regional ramen styles that haven't crossed the pond yet (Feb. 20, 10:30 a.m.). Good news: We haven't reached peak ramen!

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- Hair color with blow dry
- Laser genesis firming treatment
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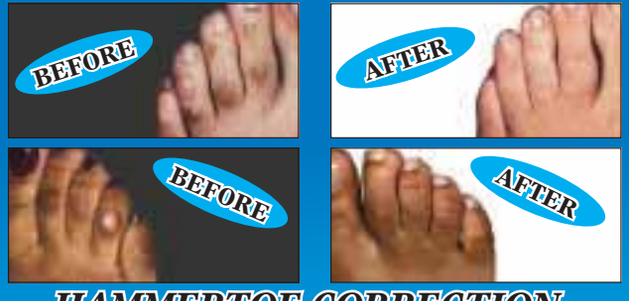

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Horoscope

Aquarius | Jan. 21-Feb. 18 You can achieve financial security. If you set up a savings plan, you will gain benefits quicker than you anticipate. Break bad habits.

Pisces | Feb. 19-March 20 Put the brakes on the emotional roller coaster you are riding. Find something encouraging in every situation you face.

Aries | March 21-April 20 Check out domestic products or services that could reduce your workload or increase your comfort level. Purge unwanted items and give them to the needy.

Taurus | April 21-May 21 Accept an unexpected invitation to a social event if you want to meet someone who could influence your future. Offer insight.

Gemini | May 22-June 20 Don't get stressed out over trivial matters. Pay close attention when operating machinery or hazardous equipment.

Cancer | June 21-July 22 Find out more about your family background or community. Visit a library, scan social media or talk with people who have knowledge regarding your past.

Leo | July 23-Aug. 22 It's easy to fall into bad habits for the sake of convenience. Put more effort into nutrition and diet if you want to look and feel great.

Virgo | Aug. 23-Sept. 22 A close confidant will help provide you with a different perspective on a troubling issue. Family members will be oversensitive, so be encouraging.

Libra | Sept. 23-Oct. 22 Don't overlook the importance of getting along with your peers. Tension will be manageable if you are respectful.

Scorpio | Oct. 23-Nov. 21 You have been working too hard. Take time out and visit friends, or venture somewhere out of the ordinary.

Sagittarius | Nov. 22-Dec. 21 Someone will be upset or offended by something you say or do. Proceed with caution and choose your words wisely to avoid a scene.

Capricorn | Dec. 22-Jan. 20 You are viewed as a valued friend and important ally. Partnerships and collaborative efforts will go smoothly today, due to your special insights. EUGENIA LAST

Sudoku: Easy and hard

			2				4	6
5	6	2					8	
7							5	
3					9		6	1
	7		3		5		2	
1	9		4					3
	4							2
	5					8	3	4
8	1				2			

				4	7	8		
		1	3				6	
5				1	8		2	9
7				6		3		
	4						7	
		8		3				6
6	8		4	2				5
	1				6	2		
		3	1	7				

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters to the editor

Diet choices best left to doctors

Re: 'Bible doesn't like vegans' (Metro, Feb. 18)
Kudos to fellow Metro reader Scott Perry. Mr. Perry summed up nicely what I was thinking. I am what former President George H. W. Bush might have called a "kinder, gentler atheist." I think as a lyrical tome and spiritual guide the Bible makes for excellent reading, but as a companion text for scientific medical guidance, not so much. I do not completely agree with Mr. Perry's characterization of the Bible as an "inconsistent, inaccurate collection of Bronze Age folk tales." However, I do believe that all attempts in recorded history to reconcile faith and reason have failed and will continue to do so because faith and reason are by their very definition irreconcilable. Giving up meat for Lent, or for good, may have health benefits, but one should consult a physician, not a clergyman about the choice.
LARRY FOWLER, VIA EMAIL

Re: 'Bible doesn't like vegans' (Metro, Feb. 18)
The reader writes in part: Romans 14: "one person's faith allows them to eat anything, but another, whose faith is weak, eats only vegetables."

The Bible says: Romans 14:2 "One person believes he may eat anything, while the weak person eats only vegetables."

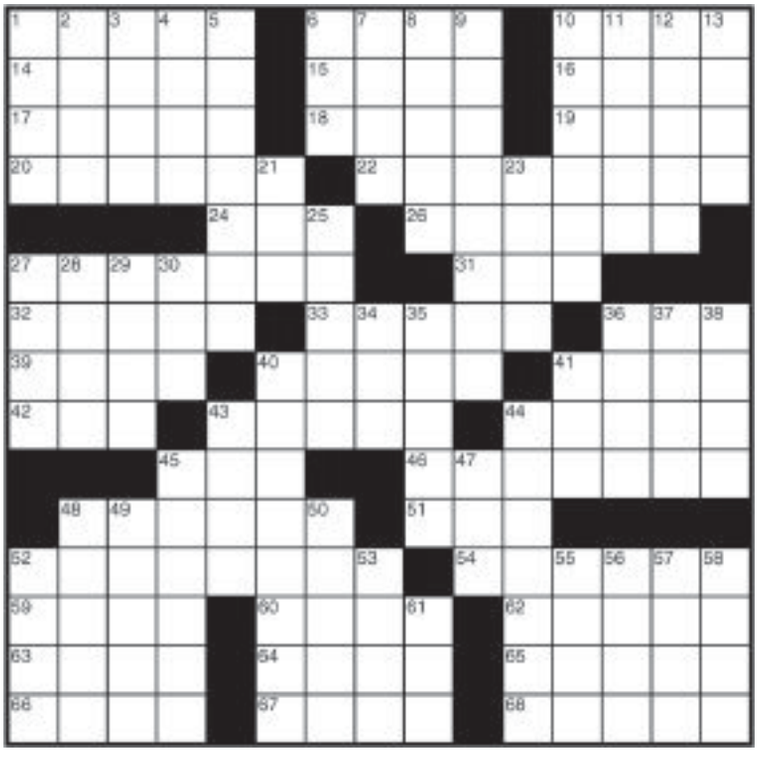
This simply means it is the belief of a person and has nothing to do with what God believes or "advocates" for.
JUNE, VIA EMAIL

Visit us online at **Metro.us.**
Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

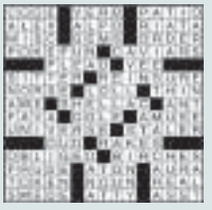
Crossword

Across
1 Pier
6 The "elephant boy"
10 Reformers' targets
14 Video-game pioneer
15 Musical Campbell
16 Finger's end
17 Louis XVI's wife
18 Freight weights
19 Adjust a guitar
20 Flour or sugar
22 Ignored
24 Drab color
26 Opened wide
27 Greenhouse
31 Rover's doc
32 In the future
33 Cold-aged beer
36 Endorse
39 Alehouses
40 Roused up
41 Verne captain
42 Codgers' queries
43 Echolocation device
44 Zeus' shield
45 Pair
46 Good-luck bringers
48 Fable enders
51 Chem. or biol.
52 Devious type
54 Riddle
59 Tsp. and oz.
60 Rainbow goddess
62 Figure of speech
63 OK
64 Freud's concerns
65 "48 Hrs." lead
66 Catch sight of
67 Nerve network
68 Ms. DeGeneres

Down
1 Crams in
2 Iowa, to Jacques
3 Fictional plantation
4 Vacation jaunt
5 Ceded
6 PFC boss
7 Matty — of baseball
8 Violin-playing comedian
9 Stubbly
10 Purpose
11 Magna cum —
12 Like a tablet
13 Musher's vehicle
21 Italy's cont.
23 Basin companion
25 Chute material
27 Ponytail site
28 "No way!" (hyph.)
29 Soldiers in gray
30 Airline to Stockholm
34 Rap-sheet letters
35 Microbes
36 Block brand
37 Give off heat
38 Easy pitch
40 Fuzzier
41 Toshiba rival
43 Festoon
44 Totally stupid
45 Sleazy
47 Stretchy bandage
48 Says with gestures
49 Tavern sign (2 wds.)
50 Suit material
52 Dunaway of film
53 Mob scene
55 Elvis, to some
56 Fish organ
57 Dust particle
58 "Right on!"
61 Weathervane dir.



Yesterday's answer



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3 SPORTS

NBA

Carmelo's season over

The Knicks officially announced Wednesday that Carmelo Anthony's 2014-15 season is over and that he will undergo surgery on his left knee. The All-Star forward is expected to miss four-to-six months.

Nets, Knicks expected to be deadline dealers

NBA. There is expected to be a flurry of trade activity Thursday.

The Knicks officially ended any hope of having a respectable season when they bought out Amar'e Stoudemire's contract. The Nets are in nearly as bad of shape. Here's a look at three players who could be dealt at Thursday's NBA trade deadline:

Brook Lopez and Joe Johnson are two of the bigger names firmly on the trading block ahead of Thursday's 3 p.m. NBA trade deadline.
GETTY IMAGES

1 Brook Lopez, Nets
The Nets' rapid-fire rebuild has been an epic failure, which means everyone could be had for the right deal. And topping that list has to be Lopez, who was once already in the middle of a failed trade proposal with the Thunder back in January. The reason it fell through was because any team that trades for Lopez will be on the hook for his $16.7 million player-option in 2015-16.

2 Deron Williams, Nets
Once thought of as an elite floor general, Williams's tenure as a Net has been up and down. Like Lopez, he was already in the middle of multiple trade talks at the beginning of the year, but the Kings had cold feet, and the Dallas Mavericks eventually pulled the trigger on the Rajon Rondo deal. Besides the perception that he's a diva, what also hinders Williams's trade value is the fact that at age 30, he's breaking down physically and is shooting a career-low 39 percent from the field. Add to the fact he's not even the Nets' starter anymore (Jarrett Jack took his job) and still has two years and $43 million remaining on his deal, it would appear the Nets would love to move him.

3 Jose Calderon, Knicks
His tenure in New York has been inconsistent, but the veteran would be a solid backup on a contending team and has been known as a great locker room guy. Calderon, 33, is averaging 9.3 points, 4.6 assists, and 3.1 rebounds per game this season, but with $15.1 million owed to him over the next two seasons, he could be a tough move for a Knicks team that is looking to cut even more salary.

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C.J. Spiller is set to become a free agent. / GETTY IMAGES

Jets to target RB Spiller in free agency

NFL. The running back excelled in Buffalo under Chan Gailey's watch.

Replace one "CJ" with another one. It's that simple here in New York.

There's no denying that the New York Jets need to make some moves this offseason if they are going to return to the playoffs for the first time since the 2010 season, and one of those moves has to be an addition to the backfield. With the move on Saturday to cut ties with running back Chris Johnson, a story broken by Metro New York this past Friday, it appears that the team already has circled his potential replacement in red.

That name? C.J. Spiller, the Buffalo Bills running back, who is set to be a free agent.

A league source told Metro New York on Wednesday that the Jets "will have interest in Spiller when free agency opens next month. Very serious interest.

"Spiller will be one of the players the Jets pursue. Not just kick the tires on, but pursue," the league source said. "Chan Gailey would like him here in New York. He's the pass-catching option out of the backfield that the Jets need for this offense and he's a playmaker.

The source added: "The offense isn't bad, it needs a spark. Spiller? He can do that for the Jets and don't think that the Jets don't know it. They will pursue him."

Gailey, of course, is the Jets' new offensive coordinator and the man who was the Bills' offensive coordinator from 2010-12, Spiller's first three years in the league. The Bills running back peaked during Gailey's final season in Buffalo when he rushed for 1,244 yards and a career-high six touchdowns.

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2:54 pm Once upon a time Kevin Costner was the biggest movie star in the world. H...
The top 10 Super Bowls of all time
2:52 pm Finally, it is upon us. Around 6:30 P.M....
Bratton calls city's settlement with knife-wielding suspect 'outrageous'
2:01 pm NYPD Commissioner

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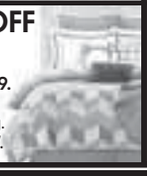

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